



PSHE – Year 1

Learning Theme: Health and wellbeing

Term 5 & 6	Learning Question & NC Link	Substantive Knowledge To know that...	Disciplinary Knowledge I can...	Vocabulary	Assessment opportunity	Equipment & resources	Lesson ideas
Session 1	What does it mean to be healthy and why is important? How can you take care of yourself on a daily basis?	It is important to keep ourselves clean and healthy. Healthy refers to physical and mental health. We need to eat, drink, exercise, sleep and feel happy as well as wearing the correct clothing and respecting ourselves and others. Being healthy means we live longer, get sick less, feel happier. Brushing teeth is important.	Identify ways to be healthy. E.g. Dress myself, keep clean, brush my teeth, eat healthy food, drink enough water, get enough sleep.	Healthy Unhealthy Care Clean Happy Physical Mental/emotional Sick	Draw a healthy person, add labels in one colour at end of the unit add new learning in a different colour. Adults collect pupil voice on post its for floor book.	Paper, coloured pencils	Draw and label a healthy person. https://www.bbc.co.uk/bitesize/topics/zqbxqfr/articles/zxvkd2p
Session 2	<i>How can we keep ourselves fit and healthy? (diet and exercise, sleep)</i> <i>What does a healthy diet look like?</i>	Some foods are healthier than others. To know that having too much sugar is bad for us. To know that we need for a balanced diet.	Identify healthy and unhealthy food choices. Identify ways to be healthy. E.g. Dress myself, keep clean, brush my teeth, eat healthy food, drink enough water, get enough sleep. Design a healthy meal	Healthier Unhealthy Balanced Diet choices	Adults collect pupil voice on post its for floor book.	Plate template for healthy meal design	Design a healthy meal https://www.youtube.com/watch?v=GnfTHsdTodA https://app.discoveryeducation.co.uk/learn/videos/6312cd6a-e821-4b80-a423-0e3cfaec8751/?embed=false&embed_origin=false Ideas might include; brush teeth twice a day for 2 mins each time, wash hands and face with soap, change underwear daily, six glasses of water a day, making sure you tell people how you are feeling, 10hours of sleep too!
Session 3	<i>How does exercise keep us healthy?</i> <i>Why is playing important?</i>	To know that exercise is important for keeping our heart, lungs and muscles healthy. Exercise is good for our mental wellbeing. Playing helps keep up fit, make friendships, challenge ourselves.	I can choose fun physical activities during my play. I can explain how I feel before and after exercise.	Exercise Physical Mental Friendships Wellbeing	Adults collect pupil voice on post its for floor book.		Think about how we feel before exercise. Feel our heartrate, listen to our breathing etc. Get active and identify how we feel afterwards. What affect is that having on our health and wellbeing?

		To know that playing on screens is fun but too much screen time is bad for us.					
Session 4	<i>How can we stay safe in the sun?</i>	<p>know the importance of wearing a hat, suncream, staying in the shade and keeping hydrated.</p> <p>that although it is lovely to spend time in the sun, the sun's rays can actually be harmful to us and can burn our skin if we aren't careful. We can also get dehydrated if we don't drink enough on a hot day.</p>	<p>Wear a hat that covers face and neck, good suncream reapplied regularly, stay in shade between 11-3pm, drink lots of water, wear sunglasses.</p>	<p>Sun safety</p> <p>Slip</p> <p>Slap</p> <p>Slop</p> <p>Dehydration</p> <p>Sunburn</p> <p>Sunscreen/suncream</p>	Adults collect pupil voice on post its for floor book.	Paper and pencils	<p>https://www.youtube.com/watch?v=T7ghJsZug60</p> <p>Watch the story of George the Sunsafe Superstar which introduces the message of Slip, Slop, Slap</p> <p>Talk about how George and his mum kept him and others protected from the sun whilst still being able to go outside and enjoy the warm weather.</p> <p>Task:</p> <p>Children produce a poster with the slip slop slap slogan on it.</p>
Session 5	<i>How can we stay safe around water?</i>	<p>To know it is important to stay with an adult around water, to not panic and float and to call for help, call 999</p> <p>I know that rivers are fast moving and flow out to sea.</p>	<p>I can call 999 if I or someone I know is in trouble in the water.</p> <p>I can spot dangers on the beach</p>	<p>Water safety</p> <p>999</p> <p>Emergency services</p> <p>Coastguard</p> <p>Lifeguard</p> <p>Danger</p>	Adults collect pupil voice on post its for floor book.	RNLI resources.	<p>RNLI visit (term 6)</p> <p>spot the dangers - beach.pdf</p> <p>Use the resources on the RNLI website to provide the children with age appropriate safety information. There are various videos and activity sheets that can be used to support the children. (Some loaded onto sharepoint)</p>
Session 6	<p>How can we stop germs from spreading?</p> <p>Why do we use soap to wash our hands?</p>	<p>To know that washing hands can help remove microbes.</p> <p>Washing hands is one of the best ways to prevent the spread of microbes. Understand washing hands with soap and water is better than washing hands with water alone.</p>	I use soap when I wash my hands.	<p>Germs</p> <p>Microbes</p> <p>Soap</p> <p>spread</p>	Adults collect pupil voice on post its for floor book.	<p>Bowls</p> <p>Water</p> <p>Glitter</p> <p>Handsoap</p>	<p>Handwashing activity with glitter/pepper</p> <p>https://www.youtube.com/watch?v=S9VjelWLnEq</p> <p>Add to picture from lesson1</p>
Session 7	<i>What makes you special and unique?</i>	<p>To know what makes them special and unique including their likes, dislikes and what they are good at.</p> <p>To know how they are the same and different to others.</p>	<p>I can say what I like and dislike and why.</p> <p>I can say how I am the same and different to my friend.</p>	<p>Special</p> <p>Unique</p> <p>Like</p> <p>Dislike</p> <p>Same</p> <p>different</p>	Adults collect pupil voice on post its for floor book.	Paper and pencils	<p>Share a story on how we are all different/ special/ unique</p> <p>Children draw themselves and a friend.</p> <p>Label how they are the same and different to each other.</p> <p>Or</p> <p>Complete and I am awesome because activity.</p>

							Share 'The Ugly Five' or similar
Session 8	<p><i>How do our feelings affect how we behave?</i></p> <p><i>Who can we speak to if we are finding things difficult?</i></p>	<p>To know how to recognise how others are feeling by their body language, facial expressions and actions.</p> <p>To know that sometimes people behave differently depending on how they are feeling.</p> <p>To know who they can ask for help/ speak to if they are upset, worried, scared.</p>	<p>I can show empathy and compassion. I can identify how I am feeling.</p> <p>I can spot clues in peoples body language and facial expressions that might tell me how they are feeling.</p> <p>I can name people that I can speak to if I need help.</p>	<p>Body language Facial expression Feeling Clue behaviour</p>	<p>Adults collect pupil voice on post its for floor book.</p> <p>Take photos</p>	<p>Ipad/ camera Scenario cards</p>	Share 'Penguin' by Polly Dunbar or similar
Session 9	<p><i>How do rules keep us safe?</i></p>	<p>To know that we have different rules for different places.</p> <p>To know that rules keep us safe. To know the school rules and why they are important.</p>	<p>I can follow the school rules. I can spot when someone is not being safe. I can behave in a way that keeps me and others safe.</p>	<p>Rules Safe Ready Respectful</p>	<p>Adults collect pupil voice on post its for floor book.</p>	<p>Camera Scenario cards.</p>	<p>Pick a card Role play and freeze frame breaking a rule. Can they guess what rule is being broken?</p>
Session 10	<p><i>How can we stay safe online?</i></p> <p><i>Links to Computing curriculum.</i></p>	<p>To know that some things have an age restriction and why.</p> <p>To know what to do if something unexpected appears when using the internet.</p> <p>To know who to tell if they are worried about something they see online.</p>	<p>I can use age appropriate technology, websites, games.</p> <p>I can identify who I would speak to if I was worried.</p>	<p>Restriction Technology Website Gaming Online Pop up Virus internet</p>	<p>Adults collect pupil voice on post its for floor book.</p>		<p>https://www.youtube.com/watch?v=C5VOhFVCF2E Watch and discuss story 'Buddy the dog'</p> <p>Book options, Troll Stinks Chicken Clickin' Smartie the Penguin.</p> <p>Children add to their picture from lesson 1 to show their learning</p>
Session 11	<p><i>RSE-</i></p> <p><i>Is there only 1 kind of family?</i> <i>Who can help us?</i></p>	<p>See RSE plan</p>			<p>Adults collect pupil voice on post its for floor book.</p>		

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Sandwich Infant School